



Council on Aging Nutrition Advisory Board Minutes
Wednesday, Sept. 21, 2016

Call to Order: The meeting was called to order by the Chair Sonja Heiser at 10:00 a.m. at the Council on Aging office, 3328 US Highway 51 North, Janesville, Wisconsin.

Approval of Agenda: A motion was made by Chuck Wilson, seconded by Supervisor Norvain Pleasant to approve the September agenda. Motion carried.

Roll Call:

Present: Nancy Arnold, Jean Boyle, Jim Farrell, Dawn Fossum, Sonja Heiser, Jo Ann Koltyk, Char Levzow, Supervisor Norvain Pleasant, Suzanne Rasmussen, Jenny Schmidt, Cherie Scholz-Baker, Pam Strom, and Chuck Wilson

Excused: Peg Slaback

Unexcused: Aaron Thomas

Staff Present: Ranee Goodroad

Introduction of Visitors: None

Citizen Participation, Communications and Announcements: Chuck Wilson announced a special event, "Name That Tune," has been scheduled for October 26th at Grinnell Hall, Beloit.

Approval of August 17, 2016 Minutes: A motion was made by JoAnn Koltyk, seconded by Jean Boyle, to approve the minutes of the August 17, 2016 meeting. Motion carried.

Staff Report:

Lunch and Learn Update: Ranee Goodroad gave an update on the 2016 Lunch and Learn series. The "Cooking for 1 or 2" was well received. The current Lunch and Learn topic, "Medicare Open Enrollment," is being presented by the Elder Benefit Specialists. A "Name That Tune" event featuring Chuck Wilson is scheduled for Grinnell Hall.

Other topics identified as being of interest for future presentations included Backyard Birds, Using Your Cell Phone or iPad, and Healthy Eating for the Holidays.

Annual Manager Training. The annual training will be held in Waunakee on October 4, 2016 and will be attended by all dining center managers and Ranee Goodroad.

Three-Year Assessment. GWAAR has scheduled the Three-Year Nutrition Program Assessment for November 2, 2016. The assessment will include an in-depth review of the nutrition program and an observation visit to one of the dining centers.

Old Business:

Volunteer Appreciation Open House: Ranee Goodroad thanked those Advisory Board members who assisted at the event. It was a success thanks to Rotary Gardens for the setting, Best Events for the food, Sonja Heiser for her words of gratitude, and Chuck Wilson for providing music.

New Business:

Rock County Senior Fair: The Rock County Senior Fair was held in Janesville on Sept. 16, 2016. Ranee Goodroad reported that she had developed a survey designed to collect information as to why people either had never attended a dining center or had discontinued. Those who completed a survey were given a certificate to eat at one of the dining centers along with a copy of the menu. While attendees repeatedly declined completing a written survey, it was possible to verbally collect information as to why they were not attending. The most frequent response was a preference for preparing their own meals. Attendees did show interest in the printed nutrition education handouts that were available.

Beloit Senior Fair: Given a scheduling conflict, Ranee Goodroad asked if any member of the Advisory Board would be available to attend the Beloit Senior Fair for the purpose of distributing the same survey. Printed nutrition education and program information will be made available.

2016-18 Rock County Aging Plan: Ranee Goodroad reviewed the plan, updating the Advisory Council on the 2016 goals.

Reports:

Best Events: Ranee Goodroad distributed copies of the fall/winter menus which will begin October 1, 2016 and end March 31, 2017.

Nutrition & Health Associates: Since the last meeting, Maggie Sanna accepted a new position and is no longer with Nutrition and Health Associates. Becky Suehring and Chelsea Roth are completing her duties. Due to a scheduling conflict, a report prepared by Becky Suehring was distributed in lieu of her attending.

Dining Center Visits: Reports were provided by Sonja Heiser and Nancy Arnold.

Adjournment: A motion was made by Nancy Arnold, seconded by Supervisory Norvain Pleasant, to adjourn the meeting. Motion carried. Meeting adjourned at 11:05 am.

Minutes submitted by Ranee Goodroad.

Minutes not official until approved by the Nutrition Advisory Board.